

# *News from the Wyoming Department of Health*

Thursday, July 2, 2009

## **Wyoming Swine Flu Case Count Updated**

Eighty-one cases of laboratory-confirmed swine flu (novel H1N1) virus have been identified in Wyoming residents to date, including one hospitalization.

The hospitalized patient, a female adult Lincoln County resident with underlying health conditions, has been released and is recovering.

Of the lab-confirmed infections, 53 are from Laramie County, 12 are from Sweetwater County, eight are from Lincoln County, there are two each from Fremont, Natrona and Uinta counties, and there have been one each from Campbell and Johnson counties.

Counts provided by the department only reflect cases confirmed by the Wyoming Public Health Laboratory or another state lab. The department expects the number of actual infections around the state to be higher because many ill persons do not seek medical care or are not tested specifically for the swine flu strain.

Flu symptoms include fever, cough, sore throat, body aches, headaches and fatigue. Some patients have also reported diarrhea and vomiting.

Steps recommended to help prevent the spread of illness include:

- Staying home from work, school or travel while ill with flu-like symptoms such as fever, cough, sore throat and body aches. Those who are severely ill (such as having trouble breathing) should seek medical care.
- Frequent hand washing with soap and water or the use of an alcohol-based hand gel.
- Covering noses and mouths with a tissue or sleeve when coughing or sneezing, and throwing used tissues in a trash can.
- Avoiding contact with ill persons.
- Persons at high risk for complications from influenza (such as persons 65 years or older, children younger than five years, pregnant women, and persons with chronic medical conditions) should consider avoiding crowded or large gatherings if ill persons may be present.

More information about swine flu in Wyoming is available online at [www.health.wyo.gov](http://www.health.wyo.gov) .

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